

FFSC Little Creek-Fort Story

(757) 462-7563
JEB Little Creek-Fort Story
1450 D Street
Virginia Beach, VA 23459-2444

FFSC Newport News

(757) 688-6289
2600 Washington Ave., Suite 201
Newport News, VA 23607

FFSC Norfolk

(757) 444-2102
7928 14th Street, Suite 102
Norfolk, VA 23505-1219

FFSC Northwest

(757) 421-8770
NSA Hampton Roads Northwest Annex
4504 Relay Rd., Bldg. 374
Chesapeake, VA 23522-4102

FFSC Oceana/Dam Neck

(757) 433-2912
1896 Laser Rd., Suite 120
Virginia Beach, VA 23460-2281

FFSC Portsmouth

(757) 953-7801
620 John Paul Jones Circle, Bldg. 249
NSA Hampton Roads - Portsmouth
Portsmouth, VA 23708

FFSC Yorktown

(757) 887-4606
WPNSTA Yorktown
1949 Von Steuben Drive
Newport News, VA 23603

Schedule a Counseling Appointment

1 (800) FSC-LINE (372-5463)

Military OneSource

militaryonesource.mil
1 (800) 342-9647



DEPARTMENT OF THE NAVY

*Fleet and Family Support Centers
of Hampton Roads, Virginia
7928 14th Street
Norfolk, VA 23505-1219*

Official Business



FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

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2017

Are You BUILDING WEALTH, NOT DEBT?

- ☐ Have a financial plan with savings and debt management goals?
- ☐ Have an emergency fund to cover \$500 of unexpected expenses?
- ☐ Contribute regularly to a retirement account at work?
- ☐ Don't rely on overdraft protection to make it through the pay period?
- ☐ Checked credit report in the last four months?

Military Saves can help you start 2017 by getting your personal finances in tip-top shape. Take the Military Saves pledge today at www.militarysaves.org.



Command Support Programs

21st Century CONSEP (Career Options and Navy Skills Evaluation Program)

The Standard for Career Readiness, this two-day course was developed to provide Navy Career Counselors and Fleet and Family Support Center (FFSC) staff an opportunity to guide first-term and mid-career Sailors through the career opportunities available in the Navy and in the civilian sector. This course will enhance mission readiness by giving Sailors the tools to make informed decisions about the educational and career options.

**First Term Workshop*

*** Mid-Career Workshop*

Deckplate Resource Awareness Training

This two-day training is specifically for Second Class Petty Officers in supervisory positions. It provides information on Navy and community resources available to military personnel. Through solution-focused exercises, participants learn techniques to effectively address personnel concerns brought to their attention. Hampton Roads commands are invited to nominate participants by calling their FFSC.

Exceptional Family Member POC Training

This half-day training provides information that enables POCs to assist members in their commands. Who should attend: Any newly-designated EFMP POC in the Hampton Roads area.

Family Readiness Group (FRG) Leadership Training

FRGs play an integral part in keeping families together in various situations, especially during deployment. Please contact your closest FFSC for more information.

FAP Command Leadership Training

This is a one-day introductory course that emphasizes the command's crucial role in all aspects of the Family Advocacy Program (FAP). Topics include an overview of FAP, prevention, intervention, legal issues and reporting. Who should attend: COS, XOS, CMCs, COBs, Chaplains, Command FAP POCs, CRC members, and Key Responders.

Navy Family Ombudsman Basic Training

This training consists of 9 modules that help official Command Ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COS, XO's, Chaplains, CMCs, COBs, and their spouses.

Ombudsman Advance Training

This training is for all Ombudsmen that have completed the Ombudsman Basic Training course. The purpose of advance training is to support Ombudsmen's ongoing educational and informational needs.

PCO/PXO Spouses Workshop

This is a one-day workshop for spouses of Prospective Commanding Officers (PCO) and Prospective Executive Officers (PXO). It provides information on military and community resources, roles of PCO/PXO spouses, and leadership/growth opportunities. It also gives participants a chance to network and problem-solve together.

SAPR Command POC Training

The Sexual Assault Prevention and Response (SAPR) POC Training is four hours. The Command SAPR POC is responsible for coordinating mandated annual awareness, prevention and education training. The SAPR POC maintains and provides current information and referrals to base and community programs for victims. The SAPR POC ensures mandated collection and maintenance of sexual assault data per OPNAVINST 1752.1B. Individuals attending this training will be designated by their command and will represent the command in all sexual assault cases.

SAPR Victim Advocate Basic Training

This five-day, basic training prepares command SAPR personnel to facilitate training for the crew, fulfill reporting requirements, assist victims, and either manage or be a team member for the SAPR Program at their command. Who should attend: command-appointed SAPR POCs and SAPR Advocates, approved by the command, who want to assist victims of sexual assault.

SAPR Victim Advocate Continuing Education Training

This training facilitates maintaining victim advocates' DOD Sexual Assault Advocate Certification Program (D-SAAPC) credentialing. This is a single-session workshop that provides SAPR program updates and advanced training in assisting victims of sexual assault. Who should attend: D-SAAPC credentialed victim advocates in the Hampton Roads area and all other SAPR trained personnel are welcome to attend. However, continuing education hours are not mandated for other SAPR positions.

Sponsor Training

This single-session training, available for presentation at your worksite, teaches command personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military

In Portsmouth? Avoid the Toll!

Take advantage of our FFSC Portsmouth office at 620 John Paul Circle, Bldg. 249, Portsmouth, VA 23708. It's at the Naval Medical Center Portsmouth beside the Child Wait Center. We offer Counseling, New Parent Support, Exceptional Family Member Program services, as well as many education classes. Call FFSC Portsmouth at 953-7801 for more information.

and community sources of help, and FFSC relocation assistance.

Counseling/Support Programs

Couples Workshop

Do you have trouble communicating with your partner? Do you find yourselves arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem-solve, and strengthen your relationship. Open to military beneficiaries and their partners.

Military Life Skills Education Programs

Building Effective Anger Management Skills (BEAMS)

Do you find your anger racing from zero to 60 at work or at home? BEAMS is a six-session, skill-building program for active duty and retired personnel and their adult family members ages 18 and older. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.

Building Healthy Relationships

The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication and developing healthy habits.

Children and Divorce

This four-hour workshop addresses the pain and loss of a family breakup from the child's perspective. Topics of discussion include typical reactions of children of different ages, things children need to hear, and what parents can do to help them through the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia State Law mandate requiring divorcing parents of minors to attend four hours of parent education.

Dads and Discipline

The culture of fatherhood is changing as dads become increasingly involved with their children. Dads are often seen as "disciplinarians," yet come to the job with no specific training. This interactive, single-session class provides an opportunity for fathers to gain valuable, practical information about parenting. Participants will discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved children.

Enhancing Stepfamilies

This single-session workshop includes discussions on the myths of stepfamily living, the different roles a stepparent plays, the stages a stepfamily goes through as they develop, and tips for handling discipline. Discussion also includes information on stepparenting in a military family.

Foreign-Born Spouses Support Group

Feeling lonely, homesick, or isolated? Just want to talk to someone from your part of the world? Join other foreign-born military spouses to network and share resources, discuss the American way of life, develop friendships, receive monthly newsletters, and learn about the many resources available to make your new life experience positive.

Love Things

Are you tired of the same dating traps like becoming involved too quickly, dishonesty from the start, or overlooking problem areas? Learn how to avoid common dating mistakes when developing a new romance by attending "Love Things," a program for single or newly-dating military members who are tired of playing dating games and are ready to keep it real.

New Parent Resource Awareness Workshop

This four-hour workshop assists expectant servicewomen as they make the transition into parenthood. Topics discussed include the Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Relief Society and information about their Budgeting for Baby program, child care resources, FFSC programs and services, the WIC program, and information on career planning. Registration is open to first time expectant servicewomen. Their partners are strongly encouraged to attend with them.

Parenting 411

This workshop provides expectant parents with information on what to expect from a newborn, as well as basic parenting skills for service members. Topics discussed are stages of development, how to handle crying, temper tantrums and alternative measures for discipline. Registration is open to first time expectant service members.

Parenting in a Military Family

This workshop explores what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children.

Parenting Teens

This single-session workshop presents the physical, cognitive, social, and emotional developmental characteristics of teens, and parents' reactions to the way adolescents handle these changes. Discussion topics include building healthy relationships, avoiding power struggles, and providing guidelines. This is an overview of the in-depth STEP Teens multi-session program.

Personal Communications

Would you like to improve your personal communication skills? This educational group can make a difference! Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills. Open to active duty military and family members.

Single Parenting in the Military

This single-session workshop explores ways for active duty single parents to balance their military and parental responsibilities and looks at the opportunities and challenges of parenting alone in the military. Discussion topics include dealing with changes, co-parenting, talking with your child(ren) about his/her other parent, dating, resources for single military parents, and more.

Systematic Training for Effective Parenting (STEP): Early Childhood

This seven-session class helps parents develop a positive and consistent approach for dealing with the special challenges of children under age six. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and preschoolers; building effective discipline skills; developing skills for communicating effectively with young children, and much more.

Systematic Training for Effective Parenting (STEP): School-age

This seven-session workshop offers participants a wealth of information and skills for parenting 5 to 12-year-olds. Learn ways to help your children become more responsible, respectful, and cooperative. Topics include communication, discipline, the goals of misbehavior, mutual respect, and family meetings.

Systematic Training for Effective Parenting (STEP): Teen

This seven-session workshop covers all of the STEP principles plus information on understanding why teens misbehave, peer pressure, excitement, and superiority. Topics include discouraging and encouraging atmospheres; rational and irrational parent responses to emotional scenes; listening and communicating respectfully; and experiencing consequences and exploring alternatives. Realistic video segments on teen experimentation with drugs, alcohol, and sex generate parent discussion of coping strategies explained in the text *Parenting Teenagers*.

Stress Management

Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal-setting, time management, and progressive relaxation.

Welcome to the Military

Are you newly married or getting married soon? Are you new to the area or to the military? Join us at this one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical and

dental care, recreational activities, financial planning, and more.

Personal Financial Management Programs

Art of Money Management

This workshop provides in-depth instruction and information on developing successful money management skills. Topics include understanding and using credit, Navy pay and allowances, spending strategies, and how to save and invest.

Car Buying Strategies

Looking for a car but don't want to get taken for a ride? In this single-session program, learn all the important dos and don'ts BEFORE you step onto the car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

Command Financial Specialist (CFS) Training

This five-day interactive training seminar covers the basics of personal financial management and serves as a foundation for those selected by their Command to serve as CFSs. The training covers topics such as spending plans, budgets, managing credit, savings and investments, and retirement planning. Participants are also introduced to the techniques of short-term, solution-focused financial counseling. Participants must be E-6 or above, in good financial standing, and have at least one year remaining at their commands.

Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting

This quarterly forum is designed to update the Command Financial Specialist (CFS), senior leadership, Command Career Counselors, and other interested command leadership about current and emerging financial issues. This is an excellent forum for networking and continuing financial education that can benefit military members and their families.

Command Financial Specialist (CFS) Refresher Training

Review and sharpen skills learned in Command Financial Specialist (CFS) training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques, as well as discuss current financial hot topics. Open to all trained Command Financial Specialists.

Consumer Awareness

Have you ever made a purchase that you later regretted? It's a jungle out there and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources.

Credit Management

This single-session workshop provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

Developing Your Spending Plan

Do you want to get control of your financial life? This single-session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short and long-term financial goals.



Family Financial Planning

Family Financial Planning is a course that illustrates the costs involved in starting a family, or adding to your existing family, and emphasizes the need for preparing financially to cover those costs. This course is suitable for anyone who will be starting or adding to a family through birth, adoption or blending families.

Financial Leadership Seminar

This four-hour training is for non-CFS trained E-7s and above. It provides a basic understanding of typical military financial problems, develops skills in handling a financial crisis, and creates an awareness of resources available. Agenda includes budgeting and Personal Financial Management (PFM), consumer awareness, legal issues, processing letters of indebtedness, garnishments, and more.

Home-Buying

Buying a house is the most significant purchase many people will ever make. This 60-minute course is designed to increase the

knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers. Upon completion of this course, learners should be able to determine whether they are ready to purchase a home, know how to choose a real estate agent and mortgage and be able to negotiate and close on the deal.

Homeownership

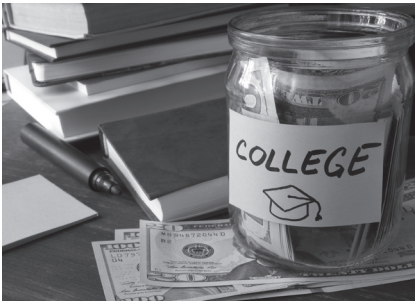
VHDA's Homeownership workshop is designed to take the mystery out of buying a home. Learn more about managing personal finances and credit, working with a lender and real estate agent, and completing the loan process and home inspection. You'll also learn ways to protect your investment as a home owner.

Marriage and Money

This course is intended to provide awareness for married couples and those intending to get married on the importance of effective preparation, communication and collaboration in achieving financial fitness and reaching financial goals. This course also includes a section on preparing financially for divorce.

Million Dollar Sailor

A two-day interactive program for active duty service members, reservists, retirees and family members who are financially stable and are looking for more in-depth information on topics such as financial goal setting and implementation, debt reduction, saving, investing, and long-term wealth building.



Paying for College

This course provides information on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives. Note that this course contains information for those entering college now or in the near future, as well as information for those who want to save for their children's future education. Based on participants needs we will discuss scholarships, grants, loans, savings plans and tax incentives.

Paying Off Your Student Loans

This course provides awareness of student loan debt management strategies so that learners can improve their current financial situations, avoid student loan delinquency or default and repay student loans as quickly and inexpensively as possible.

Raising Financially Fit Kids

This 90-minute interactive program is designed for parents of children of all ages. Parents will explore their own financial habits and skills, as well as learn techniques to teach their children sound financial management skills. Participants will also assess their current financial situation, learn to how to communicate effectively with family members about finances, and implement age-appropriate financial practices for their children.

Renting

Renting is a 60 minute course suitable for all potential renters. It is designed to increase the knowledge and comfort level of first-time renters, and to serve as a refresher for repeat renters. Upon completion of this course, learners should be able to research rental options, determine affordability and locate an appropriate rental property.

Retirement Planning

This single-session, interactive program introduces the basic concepts of financial retirement planning, including the military retirement system and the Thrift Savings Plan (TSP). This is a must if you are leaving the military.

Savings and Investments

This single-session, interactive program, suitable for all audiences, is designed to develop more in-depth knowledge and skills that will enable participants to save and invest wisely. Explore various investment options and learn which instrument best suits you and your individual goals.

SMART Start: Finances for Newlyweds

This class provides financial information and guidance to single service members contemplating marriage and newly married service members. Topics covered are short and long-term financial goal-setting, spending plans, savings and investing, and effective communication on financial matters.

Smart Transition Planning

Transition from the military to the civilian sector creates many changes, including changes to a service member's income and benefits. Transitioning service members need to have a plan to help them determine their current financial situation, establish goals

and prepare adequately for future financial changes. Smart Transition Planning is a course intended to help learners calculate their current military compensation, examine their current financial situation, prepare to develop a financial spending plan and determine financial goals to meet their changing financial needs during transition. This class does not take the place of attendance of Transition GPS.

Survivor Benefits Plan

The Survivor Benefit course provides basic information on the key provisions of the Survivor Benefit Plan (SBP). This information will assist service members and their spouses in making informed decisions about SBP's role in their retirement plan.

TSP – Your Key To Financial Independence

The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for their and their family's future. Learn how to take advantage of this exciting government-sponsored savings and investment program to build wealth and achieve financial independence in this ninety-minute workshop.

Relocation Assistance Programs

Overseas Transfer Workshop

Will you be transferring overseas soon? This helpful single-session workshop is a great way to prepare yourself and your family for this challenging adventure. Information will be provided on household goods and auto shipment, financial planning, travel arrangements and passports, personal security, and culture shock. Open to active duty members, spouses, and dependents 12 years and older.

Smooth Move Workshop

Transferring to a new duty station? This single-session workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring and separating military personnel, and their families.

Family Employment/ Transition Assistance Programs

Assessing Higher Education

This two-day workshop is geared towards transitioning service members who plan to pursue higher education. The courses are designed to assist participants in developing educational goals and to assist with the admission process. Course curriculum includes instruction on identifying information related to federal financial aid: Application for Federal Student Aid (FAFSA), online resources to assist in college and program selection; information on Veteran support clubs/organizations at certain institutions; college progression and associated costs; and best practices on adult and virtual learning.

Career Planning

Whether you are looking for a job or information on career planning, learning through self-assessment will enhance your chances in finding satisfying employment. In this three-hour workshop, you will be guided through career choices based on life goals, personal skills, abilities, preferences, and work values.

Career Technical Training

This two-day career track is designed for transitioning service members interested in a technical trade or vocational field. The Department of Veterans Affairs (VA) facilitates this program to assist participants in defining technical career goals, identifying required credentials (licenses and certifications), finding technical training opportunities, and utilizing VA education benefits. Upon completion of this course participants should be able to select a technical school and determine licensure requirements for their desired occupational trade.

Boots 2 Business (Entrepreneurship)

This two-day track called "Boots to Business" is training provided by Small Business Administration (SBA) Partners, which may include Small Business Development Centers, Service Corps of Retired Executives, Veterans Business Outreach Centers, and Women Business Centers to focus on feasibility analysis for business planning for transitioning service members interested in self-employment. Participants will walk away with a completed feasibility study of their own business concept that will serve as the basis for launching a new venture and for future business planning efforts.

Effective Resume Writing

These days, only a top-notch resume will get you an interview. Learn how to market your skills, knowledge, accomplishments, and experience with an impressive resume. This single-session workshop also includes tips on translating military terminology.

The Federal Employment System

In this single-session workshop, gain the advantage in your job search with the federal government by learning how to find vacancies and job listings, complete the application process, and how to understand standard qualifications and testing requirements.

Interview Techniques

Want to feel more confident at your next job interview? This single-session workshop teaches you how! Topics include positive answers to difficult questions, dressing for success, and the importance of body language and positive attitude. Interview follow-up and salary negotiations are also discussed.

Job Network

Job Network is a monthly, one-hour employer panel comprised of three human resource personnel. Ask local and national employers what they like to see on resumes and how to prepare for interviews. Find out about open positions, their application process, and what benefits are available. Transitioners, separatees, and military family members are invited to attend.

Job Search Strategies

Learn more about the crucial steps in the job search process. This single-session workshop covers everything from assessing the hidden job market to finding a job long-distance, including job searching on the Internet. Many of the resources and services available to job seekers are also discussed, including major employers in the Hampton Roads area and the Virginia Employment Commission (VEC).

Transition GPS (Goals, Plans, Success)

This is a five-day DOD workshop with mandatory components for military members who are retiring or separating, exiting or considering leaving the military, and are making the transition to the civilian sector. The workshop provides instruction on skills identification, resume preparation, interview techniques, and veterans' entitlements. Spouses are welcome to attend as space permits.

Transition GPS classes are held Monday, 6:30 a.m.-4:30 p.m., and Tuesday-Friday, 8:00 a.m.-4:30 p.m. Registration is Monday at 6:30 a.m. See your Command Career Counselor for a quota and workshop requirements to attend Transition GPS. For additional information, call (757) 444-3522/6089/1149 or fax (757) 444-6095.

Transition Assistance Services Available at all FFSCs:

- Workshops and counseling on all financial aspects of transition
- Survivor Benefit Program (SBP)
- Individual transition counseling
- Transition information and employment referral

VA Disability Benefits Review

This one-day workshop teaches participants how to review service medical records and identify medical conditions that may lead to a compensable disability rating with the VA; request vocational rehabilitation benefits and training; and complete their VA application for submission. Service members must be within 60 days to six months of separation to attend. Participants should bring their medical records, copies of their medical records and copies of (if applicable): marriage certificate, children's birth certificates, dependent's social security numbers, and divorce decree or death certificate. Sponsored by the Virginia Department of Veterans Affairs and FFSC.



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JAN • FEB • MAR 2017
PROGRAM CALENDAR

FLEET & FAMILY SUPPORT CENTERS (FFSC) OF HAMPTON ROADS — SITES & PHONE NUMBERS

L	Little Creek 462-7563	NN	Newport News 688-6289	N	Norfolk 444-2102	NW	Northwest 421-8770	O	Oceana 433-2912	P	Portsmouth 953-7801	Y	Yorktown 887-4606
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FFSC PROGRAMS		JANUARY		FEBRUARY		MARCH	
COMMAND SUPPORT PROGRAMS							
21st Century CONSEP (Career Options and Navy Skills Evaluation Program)				FEB 6-7 (M&T) 8:00 a.m.-4:30 p.m. (Mid-Career) (L) FEB 22-23 (W&TH) 8:00 a.m.-4:00 p.m. (Mid-Career) (N) FEB 22-23 (W&TH) 8:00 a.m.-4:30 p.m. (First Term) (O)			
Deckplate Resource Awareness Training	JAN 17-18 (T&W) 8:00 a.m.-4:00 p.m. (N) JAN 18-19 (W&TH) 8:00 a.m.-3:30 p.m. (O)	JAN 18-19 (W&TH) 8:00 a.m.-4:00 p.m. (L)		FEB 8 & 9 (W&TH) 8:00 a.m.-4:00 p.m. (NN) FEB 22-23 (W&TH) 8:00 a.m.-3:30 p.m. (O)		FEB 27-28 (M&T) 8:00 a.m.-4:00 p.m. (N) MAR 14-15 (T&W) 8:00 a.m.-3:30 p.m. (O) MAR 29-30 (W&TH) 8:00 a.m.-4:00 p.m. (N)	
Exceptional Family Member POC Training	JAN 9, 8:00 a.m.-Noon (N) JAN 10, 8:00 a.m.-Noon (P)	JAN 20, 8:00 a.m.-Noon (L)		FEB 10, 8:30 a.m.-12:30 p.m. (Y) FEB 13, 8:00 a.m.-Noon (N)		MAR 10, 8:30 a.m.-12:30 p.m. (O) MAR 13, 8:00 a.m.-Noon (N)	
Family Readiness Group (FRG)	JAN 21, 8:00 a.m.-5:00 p.m. (Basic Training) (O) JAN 23, 6:00-9:00 p.m. (Homecoming Training) (N)			FEB 6, 8:00 a.m.-5:00 p.m. (Basic Training) (N)		MAR 9, 6:00-9:00 p.m. (Homecoming Training) (N) MAR 25, 8:00 a.m.-5:00 p.m. (Basic Training) (L) MAR 29, 9:00 a.m.-5:00 p.m. (Basic Training) (N)	
FAP Command Leadership Training				FEB 16, 8:00 a.m.-4:00 p.m. (L)			
Navy Family Ombudsman Basic Training	JAN 20-22 (F-SU) 8:30 a.m.-4:00 p.m. (N)			FEB 24-26 (F-SU) 8:30 a.m.-4:00 p.m. (L)		MAR 3-5 (F-SU) 8:30 a.m.-4:00 p.m. (O) MAR 21-23 (T-TH) 8:30 a.m.-4:00 p.m. (Y)	
Ombudsman Advance Training				FEB 23, 9:00-11:00 a.m. (N)		FEB 23, 6:30-8:30 p.m. (N) MAR 29, 9:00-11:00 a.m. (L) MAR 29, 6:30-8:30 p.m. (L)	
PCO-PXO Spouses Workshop						MAR 27, 9:00 a.m.-2:00 p.m. (N)	
Prospective Chief Petty Officer Training	JAN 4, 8:00 a.m.-Noon (N) JAN 6, 8:00 a.m.-Noon (N)	JAN 19, 8:00 a.m.-Noon (N)		FEB 2, 8:00 a.m.-Noon (N) FEB 7, 8:00 a.m.-Noon (N)		FEB 10, 8:00 a.m.-Noon (N) MAR 2, 8:00 a.m.-Noon (N)	
SAPR Command POC Training	JAN 5, 8:00 a.m.-4:00 p.m. (O)		JAN 11, 7:30 a.m.-4:00 p.m. (N)	FEB 9, 8:00 a.m.-4:00 p.m. (Y) FEB 23, 8:00-4:30 p.m. (L)		MAR 8, 7:30 a.m.-4:00 p.m. (N) MAR 29, 8:00 a.m.-4:00 p.m. (O)	
SAPR Victim Advocate Basic Training	JAN 23-27 (M-F) 8:00 a.m.-4:30 p.m. (N) (O) JAN 30-FEB 3 (M-F) 7:30 a.m.-4:30 p.m. (L)			FEB 13-17 (M-F) 8:00 a.m.-4:30 p.m. (N)		MAR 6-10 (M-F) 8:00 a.m.-4:30 p.m. (O) (Y) MAR 20-24 (M-F) 8:00 a.m.-4:30 p.m. (N) MAR 27-31 (M-F) 7:30 a.m.-4:30 p.m. (L)	
SAPR Victim Advocate Continuing Education Training				FEB 2, 9:00 a.m.-Noon (N) FEB 7, 9:00 a.m.-Noon (Y)		FEB 8-9 (W&TH) 8:00 a.m.-4:00 p.m. (O) FEB 9, 9:00 a.m.-11:30 a.m. (L)	
Sponsor Training	JAN 3, 9:00-10:00 a.m. (N) JAN 19, 9:00-11:00 a.m. (NN)	JAN 23, 2:00-4:00 p.m. (L)		FEB 7, 9:00-10:00 a.m. (N) FEB 21, 1:00-3:00 p.m. (L)		MAR 2, 9:00-11:00 a.m. (NW) MAR 7, 9:00-10:00 a.m. (N) MAR 9, 9:00-11:00 a.m. (O) MAR 22, 1:00-3:00 p.m. (L)	
COUNSELING/SUPPORT PROGRAMS							
Couples Workshop	JAN 10 & 12 (T&TH) 9:00-11:30 a.m. (NN)	JAN 19 & 26 (TH) 6:00-8:30 p.m. (N)		FEB 6 & 13 (M) 5:00-7:30 p.m. (L) FEB 16 & 23 (TH) 6:00-8:30 p.m. (N)		MAR 10 & 17 (F) 9:00-11:30 a.m. (P) MAR 23 & 30 (TH) 4:00-6:30 p.m. (N)	
MILITARY LIFE SKILLS EDUCATION PROGRAMS							
Building Effective Anger Management Skills (BEAMS)	JAN 10, 12, 17, 19, 24 & 26 (T&TH) 9:00-11:00 a.m. (O) JAN 10, 12, 17, 19, 24 & 26 (T&TH) 1:00-3:00 p.m. (N) JAN 23, 25 & 27 (MWF) 8:00 a.m.-Noon (Y)			FEB 6, 8,10,13,15 & 17 (MWF) 1:00-3:00 p.m. (P) FEB 7, 9, 14, 16, 21 & 23 (T&TH) 9:00-11:00 a.m. (L) FEB 8, 10, 15, 17, 22 & 24 (W&F) 1:00-3:00 p.m. (N)		MAR 6, 8, 10, 13, 15 & 17 (MWF) 9:00-11:00 a.m. (N) MAR 7, 9, 14, 16, 21 & 23 (T&TH) 2:00-4:00 p.m. (NW) MAR 13, 15, 20, 22, 27 & 29 (M&W) 1:00-3:00 p.m. (O) MAR 28 & 30, APR 4, 6, 11 & 13 (T&TH) 1:00-3:00 p.m. (L)	
Building Healthy Relationships	JAN 5, 6:00-8:30 p.m. (L) JAN 9, 4:00-6:30 p.m. (N) JAN 25, Noon-2:30 p.m. (N)		JAN 26, 1:00-3:30 p.m. (NW) JAN 31, 1:00-3:30 p.m. (P)	FEB 7, 3:00-5:00 p.m. (O) FEB 9, 6:00-8:30 p.m. (N)		MAR 7, 4:00-6:30 p.m. (N) MAR 22, 9:00-11:30 a.m. (L) MAR 27, 1:00-3:30 p.m. (P)	
Children and Divorce	JAN 3, 3:00-7:00 p.m. (O) JAN 10-11, (M&T) 3:00-5:00 p.m. (N)			FEB 7-8 (T&W) 3:00-5:00 p.m. (N) FEB 15, 8:30 a.m.-12:30 p.m. (L) FEB 21, 3:00-7:00 p.m. (O)		MAR 8, 12:30-4:30 p.m. (O) MAR 21 & 28 (T) 5:00-7:00 p.m. (N) MAR 22, 8:00 a.m.-Noon (NW) MAR 28, 3:00-7:00 p.m. (O) MAR 29 & 30 (W&TH) 2:00-4:00 p.m. (P)	
Dads and Discipline	JAN 27, 9:00-11:30 a.m. (N)			FEB 21, 9:00-11:30 a.m. (P)		FEB 23, 1:00-3:30 p.m. (NW)	
Enhancing Step Families						MAR 7, 4:30-7:00 p.m. (O) MAR 15, 2:30-5:00 p.m. (N)	
Love Thinks	JAN 6, 1:00-2:30 p.m. (N)		JAN 20, 11:00 a.m.-12:30 p.m. (NN)			MAR 3, 9:00-10:30 a.m. (N)	
New Parent Resource Awareness Workshop				FEB 10, 8:00 a.m.-Noon (N)		MAR 3, 8:00 a.m.-Noon (N) MAR 10, 8:00 a.m.-Noon (L) MAR 24, 8:00 a.m.-Noon (O)	
Parenting 411						MAR 30-31 (TH&F) 8:00 a.m.-Noon (O)	
Parenting in a Military Family	JAN 17, 2:00-7:00 p.m. (O) JAN 17-18 (T&W) 2:30-5:00 p.m. (N)		JAN 27, 8:30 a.m.-12:30 p.m. (L)	FEB 14-15 (T&W) 2:30-5:00 p.m. (N) FEB 22 & 24 (W&F) 1:00-3:30 p.m. (P)		FEB 23, 2:00-7:00 p.m. (O) FEB 27, 9:00 a.m.-2:00 p.m. (NN) MAR 7 & 14 (T) 5:00-7:30 p.m. (N) MAR 31, 8:30 a.m.-12:30 p.m. (L)	
Parenting Teens	JAN 5, 2:00-4:30 p.m. (O)					MAR 1, 2:30-5:00 p.m. (N)	
Personal Communications	JAN 11, 1:00-3:00 p.m. (N)			FEB 3, 9:00-Noon (P)		MAR 28, 1:00-3:00 p.m. (N)	
Single Parenting in the Military				FEB 8, 2:00-4:30 p.m. (O) FEB 17, 9:00-11:30 a.m. (N)		MAR 22, 1:00-3:00 p.m. (P) MAR 27, Noon-2:30 p.m. (Y) MAR 29, 2:00-4:30 p.m. (O)	
Systematic Training for Effective Parenting (STEP)	JAN 12, 19, 26, FEB 2, 9, 16 & 23 (TH) 6:00-8:00 p.m. (Teen) (N) JAN 23, 30, FEB 6, 13 & 27 (M) 9:00 a.m.-Noon (Early Childhood) (P)			FEB 7, 9, 14 & 16 (T&TH) 3:00-7:00 p.m. (School Age) (O)		MAR 2, 6, 9, 13, 16, 20 & 23 (M&TH) 3:00-5:00 p.m. (School Age) (N) MAR 14, 16, 21 & 23 (T&TH) 3:00-7:00 p.m. (Early Childhood) (O)	
Stress Management (Multi-Session)	JAN 3, 5, 10 & 12 (T&TH) 9:00-11:00 a.m. (N) JAN 23, 25, 30 & FEB 1 (M&W) 9:00-11:00 a.m. (L)			FEB 6, 8, 13 & 15 (M&W) 2:00-4:00 p.m. (O) FEB 7, 9, 14 & 16 (T&TH) 9:00-11:00 a.m. (N)		FEB 14 & 16 (T&TH) 8:00 a.m.-Noon (NN) MAR 6, 8, 13 & 15 (M&W) 1:00-3:00 p.m. (P) MAR 7, 9, 14 & 16 (T&TH) 1:00-3:00 p.m. (N)	
Welcome to the Military				FEB 13, 1:00-4:00 p.m. (L)			
PERSONAL FINANCIAL MANAGEMENT PROGRAMS							
Art of Money Management	JAN 17, 8:00 a.m.-4:00 p.m. (N) JAN 18, 8:30 a.m.-4:30 p.m. (Y)	JAN 23, 8:00 a.m.-4:00 p.m. (O) JAN 26, 8:00 a.m.-4:00 p.m. (L)		FEB 3, 8:00 a.m.-4:00 p.m. (L) FEB 21, 8:00 a.m.-4:00 p.m. (N)		MAR 8, 8:00 a.m.-4:00 p.m. (L) MAR 14, 8:00 a.m.-4:00 p.m. (N) MAR 30, 8:00 a.m.-4:00 p.m. (NN)	
Car Buying Strategies	JAN 4, Noon-1:30 p.m. (N) JAN 10, 5:00-6:30 p.m. (O)	JAN 12, 12:30-2:00 p.m. (NW) JAN 24, 9:00-11:00 a.m. (P)		FEB 1, Noon-1:30 p.m. (N)		MAR 1, Noon-1:30 p.m. (N) MAR 16, 11:00 a.m.-12:30 p.m. (Y) MAR 16, 3:00-4:30 p.m. (O) MAR 28, 9:30-11:00 a.m. (P)	
Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting	JAN 27, 9:00-10:00 a.m. (NN)			FEB 10, 8:30-10:00 a.m. (O)		MAR 9, 1:00-2:30 p.m. (N)	
Command Financial Specialist (CFS) Refresher Training	JAN 19, 8:00 a.m.-4:00 p.m. (N)					MAR 14, 8:00 a.m.-4:00 p.m. (O)	
Command Financial Specialist (CFS) Training	JAN 9-13 (M-F) 7:30 a.m.-4:00 p.m. (L) JAN 23-27 (M-F) 7:30 a.m.-4:00 p.m. (NN)		JAN 30-FEB 3 (M-F) 7:30 a.m.-4:00 p.m. (N)	FEB 6-10 (M-F) 7:30 a.m.-4:00 p.m. (L) (O) FEB 27-MAR 3 (M-F) 7:30 a.m.-4:00 p.m. (O)		MAR 6-10 (M-F) 7:30 a.m.-4:00 p.m. (N) MAR 13-17 (M-F) 7:30 a.m.-4:00 p.m. (L)	
Consumer Awareness	JAN 25, 2:30-4:00 p.m. (L)			FEB 1, 10:00-11:30 a.m. (N) FEB 2, 1:00-2:30 p.m. (NN)		FEB 21, 10:00-11:30 a.m. (Y)	
Credit Management	JAN 4, 8:30-11:00 a.m. (N) JAN 18, 2:30-4:00 p.m. (O)	JAN 19, 1:00-2:30 p.m. (NW) JAN 25, 1:00-2:30 p.m. (L)		FEB 1, 8:30-10:00 a.m. (N) FEB 14, 9:30-11:00 a.m. (P)		FEB 16, 1:00-2:30 p.m. (NW) FEB 21, 5:00-6:30 p.m. (O) MAR 1, 8:30-10:00 a.m. (N)	
Developing Your Spending Plan	JAN 4, 10:00-11:30 a.m. (N) JAN 17, 9:00-10:30 a.m. (NW)		JAN 18, 1:00-2:30 p.m. (O)			MAR 1, 10:00-11:30 a.m. (N) MAR 10, 1:00-2:30 p.m. (L) MAR 14, 9:30-11:00 a.m. (P) MAR 16, 1:30-3:00 p.m. (O)	
Family Financial Planning				FEB 23, 10:00-11:30 a.m. (N)		MAR 6, 10:00-11:30 a.m. (L) MAR 29, 9:30-11:00 a.m. (NW)	
Financial Leadership Seminar	JAN 9, 7:30-11:30 a.m. (O)		JAN 10, 8:30 a.m.-12:30 p.m. (Y)	FEB 9, 8:00 a.m.-Noon (N)		MAR 3, 8:00 a.m.-Noon (L)	
Home Buying	JAN 18, 10:00-11:30 a.m. (N)		JAN 18, 10:00-11:30 a.m. (N)			MAR 15, 10:00-11:30 a.m. (N)	
Homeownership	JAN 31, 8:30 a.m.-3:00 p.m. (L)			FEB 16, 8:30 a.m.-3:00 p.m. (O) FEB 22, 8:30 a.m.-3:00 p.m. (N)		MAR 20, 8:30 a.m.-3:00 p.m. (Y)	
Marriage & Money				FEB 9, 1:00-2:30 p.m. (NW)		FEB 23, Noon-1:30 p.m. (N) MAR 6, 8:30-10:00 a.m. (L)	
Million Dollar Sailor	JAN 12-13 (TH&F) 8:00 a.m.-4:00 p.m. (N)			FEB 2-3 (TH&F) 8:00 a.m.-4:00 p.m. (N)		FEB 15 & 16 (W&TH) 8:00 a.m.-4:00 p.m. (NN) MAR 16-17 (TH&F) 8:00 a.m.-4:00 p.m. (N) MAR 22-23 (W&TH) 8:00 a.m.-4:00 p.m. (O)	
Paying for College						MAR 2, 10:00-11:30 a.m. (N) MAR 30, 8:30-10:00 a.m. (L)	
Paying Off Your Student Loans						MAR 2, Noon-1:30 p.m. (N) MAR 30, 10:00-11:30 a.m. (L)	
Raising Financially Fit Kids				FEB 24, 1:00-3:00 p.m. (N)			
Renting	JAN 18, Noon-1:30 p.m. (N)		JAN 18, Noon-1:30 p.m. (N)			MAR 15, Noon-1:30 p.m. (N)	
Retirement Planning	JAN 9, 12:30-2:00 p.m. (O)		JAN 11, Noon-1:30 p.m. (N)	FEB 7, 1:00-2:30 p.m. (NW) FEB 8, Noon-1:30 p.m. (N)		MAR 8, Noon-1:30 p.m. (N)	
Savings and Investments	JAN 9, 2:00-3:30 p.m. (O) JAN 11, 8:30-10:00 a.m. (N)		JAN 25, 1:00-2:30 p.m. (NW)	FEB 8, 8:30-10:00 a.m. (N) FEB 22, 1:00-2:30 p.m. (O)		MAR 8, 8:30-10:00 a.m. (N) MAR 15, 1:00-2:30 p.m. (NW)	
SMART Start: Finances for Newlyweds	JAN 31, 5:00-6:30 p.m. (O)					MAR 7, 5:00-6:30 p.m. (O)	
Smart Transition Planning	JAN 10, 10:00-11:30 a.m. (N)						
Survivors Benefit Plan	JAN 10, Noon-1:30 p.m. (N)						
TSP – Your Key To Financial Independence	JAN 9, 3:30-5:00 p.m. (O) JAN 11, 10:00-11:30 a.m. (N)			FEB 8, 10:00-11:30 a.m. (N) FEB 17, 8:30-10:00 a.m. (Y)		FEB 22, 2:30-4:00 p.m. (O) FEB 28, 9:00-11:00 a.m. (P) MAR 7, 1:00-2:30 p.m. (NW) MAR 8, 10:00-11:30 a.m. (N)	
RELOCATION ASSISTANCE PROGRAMS							
Foreign Born Spouses Support Group	JAN 27, 10:00 a.m.-Noon (O)			FEB 24, 10:00 a.m.-Noon (O)		MAR 24, 10:00 a.m.-Noon (O)	
Overseas Transfer Workshop	JAN 11, 8:00 a.m.-3:00 p.m. (NN) JAN 24, 9:00 a.m.-4:00 p.m. (L)		JAN 31, 9:00 a.m.-3:00 p.m. (O)	FEB 9, 9:00 a.m.-3:00 p.m. (N) FEB 15, 9:00 a.m.-4:00 p.m. (NW)		FEB 22, 9:00 a.m.-Noon (NW) MAR 16, 9:00 a.m.-3:00 p.m. (O)	
Smooth Move Workshop	JAN 9, 9:00 a.m.-Noon (N) JAN 11, 9:00 a.m.-Noon (NW)		JAN 25, 9:00 a.m.-Noon (O)	FEB 14, 1:00-4:00 p.m. (L)		MAR 1, 9:00 a.m.-Noon (NN) MAR 15, 1:00-4:00 p.m. (O) MAR 16, 9:00 a.m.-Noon (N) (NW) MAR 23, 5:00-8:00 p.m. (L)	
FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS							
Accessing Higher Education	JAN 17-18 (T&W) 8:00 a.m.-4:00 p.m. (O)			FEB 15-16 (W&TH) 8:00 a.m.-4:00 p.m. (N)		MAR 20-21 (M&T) 8:00 a.m.-4:00 p.m. (L)	
Boots 2 Business	JAN 18-19 (W&TH) 8:00 a.m.-4:00 p.m. (N)			FEB 1-2 (W&TH) 8:00 a.m.-4:00 p.m. (O)		MAR 1-2 (W&TH) 8:00 a.m.-4:00 p.m. (L)	
Career Planning	JAN 3, 9:00 a.m.-Noon (NN) JAN 9, 9:00 a.m.-Noon (O) JAN 10, 8:30-11:30 a.m. (N)		JAN 10, 1:00-4:00 p.m. (NW)	FEB 1, 9:00 a.m.-Noon (N) FEB 6, 9:00 a.m.-Noon (O) FEB 14, 9:00 a.m.-Noon (O)		FEB 21, 8:30-11:30 a.m. (N) FEB 22, 9:00 a.m.-Noon (L) MAR 13, 9:00 a.m.-Noon (NN) (O) MAR 14, 8:30-11:30 a.m. (N)	
Career Technical Training	JAN 11-12 (W&TH) 8:00 a.m.-4:00 p.m. (N)			FEB 22-23 (W&TH) 8:00 a.m.-4:00 p.m. (NN) FEB 27-28 (M&T) 8:00 a.m.-4:00 p.m. (L)		MAR 20-21 (M&T) 8:00 a.m.-4:00 p.m. (O)	
Effective Resume Writing	JAN 4, 9:00 a.m.-Noon (NN) JAN 6, 9:00 a.m.-Noon (L) JAN 11, 8:30-11:30 a.m. (N) JAN 11, 9:00 a.m.-Noon (O)		JAN 12, 9:00 a.m.-Noon (NW) JAN 19, 9:00 a.m.-Noon (O) JAN 24, 4:00-7:00 p.m. (O) JAN 30, 9:00 a.m.-Noon (O)	FEB 2, 9:00 a.m.-Noon (Y) FEB 8, 8:30-11:30 a.m. (N) FEB 8, 9:00 a.m.-Noon (O) FEB 14, 1:00-4:00 p.m. (NW)		FEB 15, 9:00 a.m.-Noon (O) FEB 22, 8:30-11:30 a.m. (N) FEB 23, 1:00-4:00 p.m. (L) FEB 28, 4:00-7:00 p.m. (O) MAR 9, 9:00 a.m.-Noon (O) MAR 14, 9:00 a.m.-Noon (NN) (NW) MAR 15, 8:30-11:30 a.m. (N) MAR 28, 4:00-7:00 p.m. (O)	
Federal Employment System	JAN 5, 9:00 a.m.-Noon (L) (NN) JAN 12, 8:30-11:30 a.m. (N) JAN 13, 9:00 a.m.-Noon (O)		JAN 24, 8:30-11:30 a.m. (N) JAN 25, 9:00 a.m.-Noon (NW) (O)	FEB 3, 8:00-11:00 a.m. (Y) FEB 10, 9:00 a.m.-Noon (O) FEB 13, 9:00 a.m.-Noon (L)		FEB 22, 12:30-3:30 p.m. (NW) FEB 23, 8:30-11:30 a.m. (N) FEB 24, 9:00 a.m.-Noon (O) MAR 15, 9:00 a.m.-Noon (NN) MAR 16, 8:30-11:30 a.m. (N) MAR 17, 9:00 a.m.-Noon (O) MAR 27, 1:00-4:00 p.m. (N) MAR 28, 8:30-11:30 a.m. (L) MAR 29, 9:00 a.m.-Noon (O)	
Interview Techniques							